From the Principal

Dear parents, students and friends of MAC,

Congratulations to the 2016 Graduates on completing 13 years of schooling. Recently, all graduating students attended the Graduates Formal at the Rubicon Bar and Restaurant. The students and staff looked amazing and all had a great time. I would like to thank everyone who contributed to this highly enjoyable and successful evening. I extend a special thank you to Meg Rawlins for her leadership with this special event.

Recently, Course Confirmation Day was held at MAC. Thank you the large numbers of families who actively participated on the day; your co-operation and assistance with this process was greatly appreciated. Updating and collecting information can be a very time consuming task, so we appreciate your support with this. Thank you to Preeti Maharaj for her leadership with this.

I am delighted and excited to announce the appointment of Adam Cribbes and Claire Runci to our staff at MAC in 2017. Adam is coming from Thornbury Secondary College and Claire from Box Hill High School. Both are highly experienced teachers of English.

Congratulations to the Year 10 students, Henry Frazer and Quinn Higgs, who have been successful with their applications for the prestigious Kwong Lee Dow Awards offered by the University of Melbourne.

You are all invited to our 2016 Awards Night on 12 December at 7pm. It will be held at the Kensington Town Hall. It is always a great night to celebrate our school community and it is wonderful to have all of our school families there. This year we have Paris Aristotle as our guest speaker. His son, Daniel, has completed his VCE this year with us.

Wayne Haworth, Principal

Events

5 Dec: MAC Parents AGM
9 Dec: Last day of classes
12 Dec: Awards Night
16 Dec: Bounce Excursion
20 Dec: Last Day for staff

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You are invited to the Mount Alexander College 2016 Awards Night

Join us in celebrating our students’ academic and extracurricular achievements

Guest Speaker: Paris Aristotle AM

When: Monday 12 December
Doors open 6.30pm for a 7pm start
Finished by 9pm

Where: Kensington Town Hall
30-34 Bellair St, Kensington

Cost: $5 Individual, $10 Family (2 adults + 2 children), Additional children’s tickets free

Bookings: https://www.trybooking.com/OBAL

Bookings for refreshments and seating purposes. Refreshments served prior to 7pm. All queries to the General Office: 9376 1622
Work Experience

Beginning the week of 28 November, our Year 10 students are on a week-long work experience placement with an employer of their choice. This is a very important program for our students. Having the opportunity to work five days for a company is for many of our students their first exposure to Australian workplace culture. The experience also provides students an opportunity to see if a career path they may be considering is actually suitable for them. There is often a difference between what they think a job is compared to what workers actually do in the role.

The outcomes of a work experience placement can be significant. If a student does well, they might be offered part time work, an apprenticeship and/or a School Based Apprenticeship. Knowing that certain subjects studied at school can help them move into jobs they are interested in will assist them in making good subject choices for VCE/VCAL studies.

It is often the key program that changes a student’s attitude to their studies and can be the springboard into future success.

We encourage parents to talk about the work placement with their child. This can open up conversations about their aspirations and interests. These can be explored over the next two years of their schooling through open days, school based activities or perhaps making an appointment to explore career paths with the Careers Office.

John Horley and Jens Boernemeyer

Equipping students with study, time management and organisation skills

At the start of Term 3 the school engaged the services of Amanda Lecaude from Organising Students to assist the school and students with their time management, organisation and study skills.

Every Friday, Amanda has been conducting a study skills program during Clubs and Societies. The program focuses on equipping students with the necessary tools and strategies to complement their learning at Mount Alexander College. These sessions are designed to assist students with not only their studies, but also skills they can use for life. Sessions include goal setting, time management, mindset, note taking, procrastination, learning styles, mind mapping, project and essay planning, and exam planning as well as tips on dealing with exam stress and anxiety.

Amanda has also conducted a couple of sessions with our Year 11 and 12s and presented to our parent group - if you missed out we hope you can attend next time.

For further information or to get in touch with Amanda you can visit www.organisingstudents.com.au or get in touch via email:

amanda@organisingstudents.com.au

Got something to advertise, announce or contribute?
Email our Communications & Promotions department:
meg.dunley@mountalexandercollege.vic.edu.au

The deadline for the next issue of MAC News is 13 December
There was a House Debating Competition on 22 November during Clubs and Societies. A number of students debated their arguments. Each student was awarded House points just for being there, but their performance would decide how many points they were given.

The teams were in House groups. In the first round, Athena was represented by Harry Silversides, Archie Frazer, Sarah Jamac and Henry Frazer. They argued against homework being a waste of time. The team from Apollo (Paul Hoang, Shruti Chaturvedi and Hiba Shaino) argued that it was.

Both teams gave it their all but, even with Paul’s statistical evidence on Finland’s education system, Athena won for a more well-structured argument. Ms Bentley acted as the judge, asking for a show of hands from the audience but predictably got nothing but biased opinions.

Next up were Artemis (Rory Mc Master, AJ McConville and Macadie Hurley-Edwards) arguing against Poseidon (Hameeda Saleem, Hiyat Bakata and Robel Gebreweld) arguing for.

Macadie started off strongly while Rory and AJ maintained the strength of the arguments. On the other side, the arguments were tough but not tough enough. In the end, structured arguments won again and Artemis made it through to the next round.

Now, the moment everyone had been waiting for arrived with the final debate between Artemis and Athena based on the statement that Australia should introduce self-driving cars with Artemis for and Athena against.

AJ started off with a great statistic that 80% of car accidents are because of human error which would be fixed with the introduction of self-driving cars before going on to say that it’s a lot more convenient for under-aged drivers to get around independently. This argument was rebutted by Harry who said that more people being driven everywhere would promote obesity and self-driving cars would stop the next generation from using hand-eye coordination and having the fun of driving a car.

Rory backed up AJ’s argument by adding that bringing self-driving cars to roads would stop 40 million deaths in cars due to human error. Rory also said that long road trips would be more enjoyable if you could sleep or read without having to drive.

Henry came in to say that self-driving cars are made by humans meaning there is still human error in them and they could be very dangerous if things go wrong. He moved on to explain the environmental damage that would be caused by more cars on the roads.

Finally, Archie summed up the arguments of Athena nicely while expanding on how we need to be promoting the use of bikes and walking instead of driving new cars.

Ms Bentley didn’t agree with Athena’s environmental arguments and was swaying towards Artemis when a sudden surge of votes from the audience for Athena showed an obvious win to Harry, Archie and Henry. Everyone had fun. To relax after the stress of the debate everyone joined in on an inter-house dodgeball game.

by Sweeny Beckingsale
Kokoda 2017

Expressions of Interest are called for the 2017 Kokoda Trip.

There are places for three female and three male students who will be in Year 11 in 2017. The trip will be from 23 June to 3 July next year. The cost of the trip is between $1000 and $1500 and will be finalised once corporate sponsorship has been determined.

The Expression of Interest and Student Application Forms (available on Compass) must be completed and returned to Ms Bentley by Friday 2 December. If there are more applicants than places, the selection will be made the following week.

Please contact Ms Bentley if you have any questions.

Science Shows

During Term 4 we ran primary schools science workshops with students from Kensington Primary School and North Melbourne Primary School. Each week 50 primary school students came to room A204 and after a brief introduction, were moved into groups in the science labs.

Our students conducted workshops with the students all to do with life cycles (to fit with the curricular needs of the primary schools). One workshops involved students planting their own personal seedling and closing this off in a plastic container to take back to their schools (word is there has been some movement with these seedlings recently).

Students then discussed what it takes to grow a plant and what a plant needs to grow.

The second workshop looked at how bugs and bacteria can spread and how their life cycle affects our health. This is a chemical demonstration where all students had the same solutions except for one (the ‘sick’ student) and they exchanged the fluids a couple times with each other. Then we applied a test to see who contracted the infection! After this, students take a look at some bugs and bacteria under the microscopes and have a go at drawing this.

The third workshop was a dissection of flowers where student peeled apart the layers and analysed what each part of the flower was involved in. Some feedback from the students:

“I learned how fast bacteria duplicates”

“I am curious why the male part of a flower has more than the female part”

“The sick experiment was amazing to learn”

“Quinn and Peter were good at being friendly and a good teacher”

“The bacteria spreads by coughs and sneezes and even though Jasper coughed on me I wasn’t sick”

“Everything was awesome”

EMO Perform at the Carlton Festival

Our band EMO (also known as the Electric MAC Orchestra) was invited to perform at the Carlton Festival. They all had a great time and the audience loved them.

Well done to Sarah, Hiba, Macadie, Sean, Yannik, Jack, Billy, Zhanet, Regan and Timothy.
MAC’s Got Talent

On 4 November, the students demonstrated their talents in our inaugural MAC’s Got Talent Show.

In a similar format to the well-known program of Australia’s Got Talent, there were ten different acts. The acts included singing, poetry, magic tricks and a guitar solo.

After each event, the three judges provided feedback. The show was hosted by two of our students who did an excellent job. Throughout the show, the atmosphere was exciting. After all the acts were performed, the judges had the difficult job selecting the three winners.

The winners are:
First place – Juliana Dalton and Lorrinda Farrell. Juliana sang while Lorrinda played the guitar
Second Place – Macadie Hurley-Edwards who performed a rap
Third Place – Matilda McCarthy who performed poetry

After seeing those events, we are already looking forward to MAC’s Got Talent 2017.

Science Pop Up Show

The performance at Pin Oak crescent Flemington Off the Track Pop up Picnic was a hoot! The students had rehearsed once again the week before hand.

Henry Frazer was the MC for the performance. We began with Sean and Macadie singing two parodies they had written. I still have these songs stuck in my head now. It was very creative, catchy and entertaining.

The science experiments were performed by Zebib, Indy, Ella, Elinna and Billy. The descriptions behind these engaging demonstrations were flawless and the crowd watched eagerly as each experiment unfolded.
I have asked staff and students to tell me why they take part in the afterschool Volleyball/Badminton program. This is what they had to say:

“To get some exercise, to see the students gain confidence with a new skill, to have a good laugh.” Ms Lee-Johnston

“Because it’s great to hang out with the students, and have a friendly match against the other teachers.” Mr Clements

“I see myself improving as I play the sports and I enjoy communicating and playing as a Community” Elinna

“Friday after school Volleyball is the time I enjoy. I practise my Volleyball skills and I would like to join the 2017 Senior Girls Team next year.” Asma

“After Monday to Friday I am often stressed from studying so I go to the school gym afterschool to clear my mind and have fun with the Volleyball members and my teachers.” Donny

“Because I like playing sport after studying for 5 days. It refreshes my mind and makes me feel good.” Warren

“Health, fun and spending time with my friends and playing Volleyball is what I like to do after school.” Phumarin

“I am keen to play Volleyball with my friends because it is fun.” Jun Hou

“I want to have fun with my friends and practice my volleyball skills.” Long

On some days, during Term 4, we had more than 20 participants in the program. Due to popular demand from students and staff, the afterschool program will run again next year. Be there or miss out on the fun.

Adriana Pejic

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Monthly Community Meeting

All parents are invited to the last monthly community meeting for 2016. It is a chance for you to be given information about what is going on at the school, and to meet other parents. The meeting is held on the first Tuesday of the month at 10.30am in the staff room. Morning tea is provided.

It is in the Resource Centre on 6 December from 10.30 am to 12 pm. Interpreters are available; please contact the school if required.
Five Ways to Wellbeing

Five ways to wellbeing

A review of the most up-to-date evidence suggests that building the following five actions into our day-to-day lives is important for well-being:

Connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Source: A report presented to the Foresight Project on communicating the evidence base for improving people’s well-being. Written by: Jody Aked, Nic Marks, Corrina Cordon and Sam Thompson Centre for Wellbeing, NEF (the New Economics Foundation)

Carmel Nielsen
Do you have problems with Centrelink?
Do you owe money to Centrelink?
Has Centrelink stopped your payments?
Is Centrelink deducting money from your payments?
Are you on a payment plan?

Flemington Kensington Community Legal Centre is holding a community legal education session on

CENTRELINK DEBT
How to avoid it & how to deal with it

When: Tuesday 13th December 2016
Where: Flemington Primary School, Multipurpose Room
Mt Alexander Rd & Padman Lane,
Flemington VIC 3031

Time: 9.30am – 11am
Morning tea will be provided
act, create, communicate
Self-development through drama!
Boost your child’s creativity, confidence and communication skills.
Enrolling now for students aged 5 to 17.
www.helenograd.com.au

Mandarin tutor
I am from Xi’an, China, currently studying a Masters (Computer Science) at Melbourne University. I am offering Mandarin tutoring to students aged 12-18 in the Flemington/Kensington area.
Availability: Sat – 3:00pm onwards
Sun – All day
Please contact me, Gao Wei (Grace), via SMS on 0490 546 512 for more information.
1 hour $30
(not including book costs)

BE PART OF THE MARBY ARMY IN 2017!
Maribyrnong Park Football Club:
Recruiting Players for All Junior Age Groups from U9 to U17
Also places available for U12 & U15 Girls
U19 players & open age new players also welcome
Player Registration Day:
Sunday 11 December 2016 from 12pm to 3pm
At Maribyrnong Park Pavilion,
40 The Boulevard, Moonee Ponds
Registration for Existing Players:
Now open at www.marbyfootball.com
Maribyrnong Park Football Club
All enquiries email: marbfootball@gmail.com

VCE Summer School
The School for Excellence are running a VCE Summer School for any students doing Units 1 or 3 in first semester of 2017.
The classes will run from 5 – 27 January for the Unit 3 subjects, and from 10 – 27 January for the Unit 1 subjects.
Find out more on their website (www.tsfx.com.au)